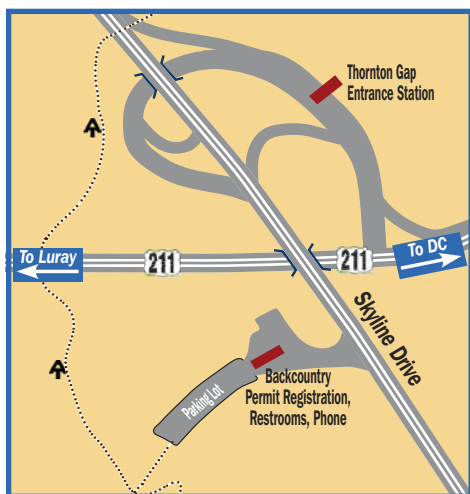


# HIKE ONE OF THE BEST SECTIONS OF THE HISTORIC APPALACHIAN TRAIL (A) THIS YEAR, BUT DON'T LEAVE THE COMFORTS OF HOME TOO FAR BEHIND.

This ultralighter's hiking adventure has been featured prominently in *AT Journeys*, the official full color magazine of the Appalachian Trail Conservancy. It requires separate shuttle and lodging reservations, and is designed for people who want to experience a multi-day journey through one of the most popular parts of Shenandoah National Park (SNP) without the weight and cost of typical overnight gear. You will want to purchase Trail Map #10 published by the Potomac Appalachian Trail Club (see pg. 7). **A VERY AFFORDABLE VACATION!**

The Lodge-to-Lodge hike is a great way to introduce yourself, or others, to long-distance hiking. The availability of comfortable, convenient commercial facilities along this Appalachian Trail (AT) route allows one to

**put in the miles, get the views, and then enjoy the luxury of a motel or cabin at night along with chef-inspired evening and morning meals. Each lodge also features a tavern with nightly entertainment, valley-view patios, and take-out items.**



Itineraries from one to four days' hiking can be arranged depending upon your start point. Even more days in the Park are possible if you want to spend an extra night or two at the lodges in between hiking days.

## DAY ONE, LEWIS MT. TO BIG MEADOWS LODGE—9.1 MILES ON THE AT

The adventure begins when you meet Mountain & Valley Shuttle Service's driver in Thornton Gap (the dividing point between SNP's North and Central Districts near where Skyline Drive and US 211 intersect, close to Skyline Drive Mile Post 31.5). There is a parking lot there (see map to left) that was once associated with the now-closed Panorama Restaurant.

Your shuttle driver will transport you, and your gear, from Thornton Gap to the Lewis Mountain development at SDMP 57.5 (campstore, cabins, campground, showers, laundry).

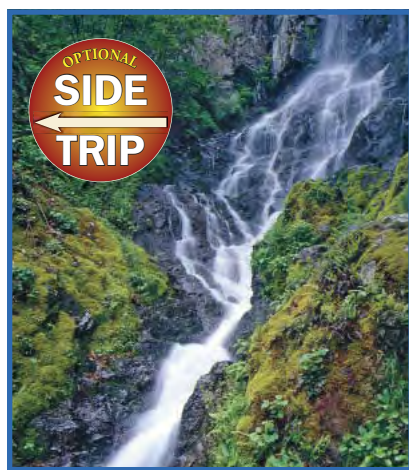
The trip in our vehicle should take about an hour. If you want to extend your hike by an extra day, just arrange for your shuttle to take you further south along the AT than Lewis Mt.—and hike to Lewis Mt. from the south your first day, and spend the night in a cabin there! *(Also, some persons who arrive later in the day at Thornton Gap to meet their shuttle stay the first night in one of the rustic cabins at Lewis Mt., and start hiking the next day. If you plan to stay at Lewis Mt. please be aware that there is no restaurant there—just a campstore which features camping foods, lunchmeat, cheese, beverages including beer and wine, ice cream, and several types of microwaveable snack items. The cabins do not offer microwaves, but the campstore does. Most cabins do offer outdoor grills, and the campstore sells hot dogs and other picnic-type items along with charcoal, firewood, lighter fluid, etc. We can also transport some provisions for you during your shuttle that you can use at night there.)*

Hiking north from Lewis Mt., you'll be able to access the white-blazed Appalachian Trail (AT) near the Lewis Mountain picnic area. In less than a mile, you will descend to a blue-blazed side trail leading 0.1 mi. down to the Bearfence Hut. This is a three-sided structure maintained by volunteers of the Potomac Appalachian Trail Club (PATC) for the benefit of long-distance backpackers, who either sleep in the hut or erect tents or tarps in nearby designated campsites. This hut also features a spring where water flows except in dry seasons (it is untreated, so you must boil, filter, or chemically treat it), a one-seat privy (outhouse), a picnic table, and poles with hooks from which hikers must hang their food bags and anything else which may smell like food so as to protect it from bears, raccoons, etc. while sleeping. If you are considering this hike a stepping stone to more ambitious long-distance backpacking, it would be well worth your time to visit Bearfence Hut to check out the rustic accommodations.

Next up, northbound about three-quarters mile mostly uphill on the AT, is access to the **Bearfence Mountain Scramble and Loop Trails**. About a half-mile total, it features about a quarter-mile of spectacular rocks and several viewpoints, but be aware that several places require use of hands and arm muscles to traverse. A graded trail leads to the rocky section on either side, and it ultimately reconnects to the AT. Many hikers revel in this wilderness Jungle Gym, but some abhor it.

Continuing north on the AT, the trail parallels Skyline Drive without much elevation change—coming within 150 ft. of it at one point. You will arrive at Bootens Gap, a parking lot and trailhead for several popular hikes, about a mile from the northern access to the Bearfence Scramble. From here, you will ascend steadily along the AT for another mile, noting an intersection with the blue-blazed Laurel Prong Trail about halfway up. At the top of this climb there are some rocks directly to the left that provide a good place to take a break. Further, about 0.1 mi., is an unblazed path on the left leading to a westerly viewpoint which may be even better.

From here north to Milam Gap, enjoy a 2-mi. pleasant, gentle woods walk mostly downhill—a nice reprieve from the climb you just did. There are no views, but the AT veers far enough away from Skyline Drive to provide an aura of mountain wilderness. Just before reaching Skyline Drive, the AT intersects the Milam Prong Trail, a major gateway to Rapidan Camp (the former summer retreat of President Herbert Hoover). *If you have time*, it is a 2-mi. hike down to this historic landmark, which has been partially preserved and interpreted with signage explaining the old days. The Milam Prong Trail includes three stream fords—the last of which may be difficult during times of high water. Of course, you will ascend two miles to rejoin the AT, but most of the climb is gentle on a well-graded trail.



After crossing Skyline Drive at Milam Gap, continue north on an easy, nearly level tread to cross Tanners Ridge Fire Rd. Here, an old cemetery is in plain view to the left. Descendants of the former mountain folks who inhabited this land before Shenandoah National Park was created in the 1930s may still be buried here alongside their kin. You are welcome to explore this cemetery so long as you don't disturb anything.

The AT continues to the right of the cemetery, still on easy tread, for more than a half-mile to Lewis Springs Service Road. A strongly flowing spring is visible to the left of this intersection. *If you have time*, you may want to turn left on this road to connect shortly with the blue-blazed **Lewis Falls Trail down to one of the Park's better known waterfalls**. It is about three-quarters mile downhill to the Falls, which offers multiple views of its drop, and also of the valley to the west. From a stonewalled observation point, at the right time on sunny late afternoons, you can sometimes catch a rainbow while looking directly at the waterfall. Continue on the Lewis Falls circuit to Big Meadows, or just return to the AT the way you hiked to Lewis Falls to continue your AT route. The latter is slightly shorter and easier.

The AT begins to climb right after crossing the Lewis Springs Service Road as it nears the Big Meadows Lodge complex. There are multiple side trails to the right—any one of which ultimately will deliver you to the Lodge (consult your PATC Map 10, and the Big Meadows inset on the reverse side, for a more detailed view of this complex).

You'll check in for the night at the registration desk inside the **Big Meadows Lodge**. All you will need is the information provided to you at the time you made your lodging reservation, and a credit card or other form of payment. The staff will provide you with a card to be used to charge food and beverages consumed





tonight and tomorrow morning to your room number and ultimately to your bill, and directions to either motel-type rooms or more rustic cabins. Once settled in and refreshed (each room includes showers), you may want to visit the Lodge Great Room with its massive fireplace and observation deck, the lower level Taproom (where you can order from a fully-stocked bar and enjoy live entertainment later tonight), or take a brief walk to a viewpoint called Blackrock. If it's early enough, you might even consider the 2-mi. round trip to the Harry Byrd Visitor Center close to Skyline Drive, featuring many interpretive displays, books, DVDs, maps, and several films that run continuously in the Center's movie theatre. Almost next door to the Visitor Center is the Big Meadows Wayside—a short-order grill, gift shop, and campstore where you may purchase hiking-appropriate gear if you forgot anything.

Dinner at Big Meadows Lodge is a first-class, but informal, affair. If you are lucky, you can sit at a window table affording westward views and perhaps a sunset. The Big Meadows concessioner, ARAMARK-Harrison Lodging, provides a menu of both international and local cuisine. Prices for dinners start at about \$15 and go up to about \$30. Salads, appetizers, desserts, and drink are available a la carte. A less ambitious menu is offered in the Taproom.

Some nights, before dusk, Ranger-led interpretive programs are offered at Big Meadows. Some of these take place at the nearby amphitheater; others involve hikes to nearby points of interest. Be sure to wear sturdy boots, appropriate clothing for chilly night air, and a headlamp to help you find your way.

## DAY TWO, BIG MEADOWS TO SKYLAND RESORT— 7.7 MILES ON THE AT

The next morning, you may enjoy a full breakfast back at the Lodge dining room or at the Wayside about a mile away in the vicinity of the Visitor Center. Ask about the availability of take-out lunch, to consume during today's hike.

Return to the AT via one of the side trails, and continue your trek northbound on the same world-famous trail that so many have taken before you, as it is routed between Springer Mountain in Georgia and Katahdin in Maine. Most of your morning's hike will *not* involve a lot of climbing, though be sure to save some energy for later in the day when it will. You'll hike around the amphitheater, then the campground, before beginning a steady descent to Fishers Gap. Just before the Gap's gravel road there is a good place among the rocks, just below a Skyline Drive overlook, to take a break and enjoy the views out into the Page Valley portion of the Shenandoah Valley. On a clear day, you can see the Massanutten Mountains and beyond, the Allegheny Mountains and in West Virginia. Fishers Gap is also a drop-off point for the optional Rose River Falls Loop hike (see pg. 6).

The trail continues north from Fishers Gap along mostly level terrain for another half mile. If you didn't stop at Fishers Gap, you may feel a draw toward one of several outcrops close by to your left where you can take a rest. The AT then descends, and later begins a long climb, for about 1.5 mi. before reaching a blue-blazed side trail down to Rock Spring Hut. This is another overnight stop for long-distance backpackers similar to yesterday's Bearfence Hut. If you are running low on water, and remembered to bring some method of purifying spring water (chemical treatment, filter, or maybe some way to boil water), a flowing spring can be found further down a side trail not far from a cabin that PATC maintains and rents to members on a reservation basis.



From the Hut access trail, there is a gentle climb for less than a half-mile to an intersection with the blue-blazed Salamander Trail to the right. *If you have time*, this trail will bring you to the highest point in all of Shenandoah in less than a mile—**Hawksbill Summit**. There is a three-sided day-use shelter, a picnic table, several rock outcrops, and a stone-walled observation platform at the highest point. Seasonally, Peregrine falcons have been known to nest nearby and can sometimes be seen floating in the wind.

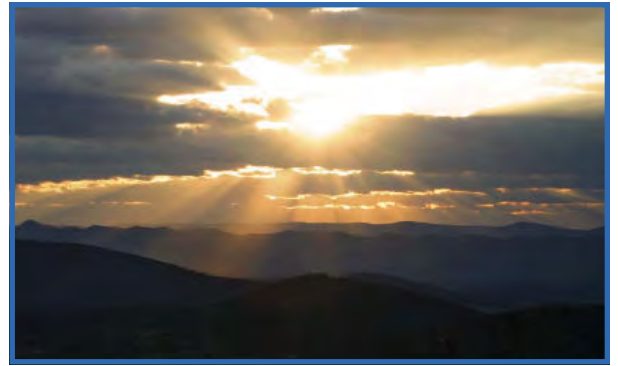
Beyond the Salamander Trail, northbound on the AT, the trail alternates between level terrain and a gentle descent for about a mile before reaching Hawksbill Gap. Enroute, you will pass through three brief sections of talus, where you will be glad you are wearing sturdy boots. Several minor viewpoints out into the Page Valley can be enjoyed. At the Gap, about 450 ft. west (downhill to the left) is a usually reliable spring.

After Hawksbill Gap, the AT begins to climb steadily toward a side trail that leads to Crescent Rock—a viewpoint and Skyline Drive overlook. The AT continues its route north, descending and ascending several more times for about two more miles, before arriving at an intersection with a horse



trail leading to the Skyland Resort's stables. The staff there will answer questions about guided horseback rides that can be reserved.

It is only about three-quarters mile further to tonight's place of rest—the **historic Skyland Resort**. This is the site of the old Stony Man Camp, which pre-dates the Park's establishment by several decades (historic exhibits, and a book by founder George Pollack, are available inside the restaurant lobby and gift shop). Today, it is a modern destination for day visitors and overnighters alike. Continuing north on the AT, you will come to a large water tower on your right near the summit of a moderate climb. Just past that, you'll arrive at a gravel Park road, and you might even be able to smell food cooking at the restaurant nearby. Take a left on that gravel road, which descends steeply to a paved road. Briefly walk right on the paved road, then left to the Skyland Resort's two main entrances, split by a patio and viewpoint. The left building is where you check in for the evening; the right building contains the restaurant, gift shop, and the Taproom.



Skyland is a lot like Big Meadows, except that it does not offer a wayside, campstore, or campground. It does offer the aforementioned stable with available guided horseback rides, lodging in motel rooms and historic cabins, a full-service restaurant with a chef-inspired menu, and its Taproom with full bar, abbreviated menu, and nightly entertainment. Skyland also offers Ranger-led activities, and is close enough to Stony Man Cliffs for a sunset trek if you haven't yet gotten in your hiking fix today.

## DAY THREE, SKYLAND RESORT TO THORNTON GAP, 9.5 MILES ON THE AT

During a relaxing breakfast in Skyland's dining room, ask about the availability of boxed lunches to go for today's final trek to your vehicle at Thornton Gap.

Be glad you're hiking northbound today instead of southbound. There is a lot less climbing to do going north, though you will have some. If you are an AT "purist," meaning you are obsessed with passing every white blaze, you can return to the AT the way you walked to Skyland yesterday. Otherwise, from the front entrance of Skyland's restaurant, walk up a few steps, and then walk left on the parking turn-in, left on the short access road, left again on another paved road, then right toward Skyline Drive. Before reaching Skyline Drive, there will be a large parking lot on the left for the blue-blazed Stony Man Nature Trail, which the AT shares for almost a half mile. Enter the lot, locate the white and blue blazes on a tree in the northeast corner of the lot, and start ascending a very well-groomed trail. If you'd like, there is a self-pay box near the start where you can purchase a small guidebook for the Stony Man Nature Trail.

As you ascend the combined Nature Trail and AT, you will see numbered markers to the left and right. These correspond with descriptions in the Stony Man guidebook that is sold at the trailhead. After almost a half-mile, you will arrive at a trail intersection which is, coincidentally, the highest point on the AT within SNP. The blue-blazed Nature Trail continues to Stony Man Cliffs straight ahead; a



yellow-blazed horse trail goes left, and the white-blazed AT continues its route all the way to Maine by turning sharply right. If you didn't make it up to Stony Man for a sunset last night, and today's a clear day making the view memorable, you could be there in about a quarter mile by following the blue blazes straight ahead.

Following the white-blazed AT again, you will descend for about three-quarters mile to **Little** Stony Man Cliffs. The AT goes right through the cliffs area, and it's actually a pretty nice place to take a brief rest. "Little" Stony Man offers some of the same views as "big" Stony Man, without putting in any extra effort, so don't feel too bad if you bypassed that side trip a mile back. Sometimes you may see rock climbers and rappellers working the cliffs here. (Don't attempt without proper equipment!)

From Little Stony Man, you'll keep descending along switchbacks on tread with somewhat rocky footing. In a half-mile, you'll come to a spur trail leading to the Little Stony Man parking area. In another half mile, you'll come to a spur trail leading to the huge Stony Man Overlook off Skyline Drive. There has always been a rustic restroom along this spur trail, and a water fountain at the overlook, but as of this writing both are closed for renovation.

Follow the AT northbound for almost a mile along mostly level tread as it passes below the overlook, then ascends to an intersection with first, the Nicholson Hollow Trail leading right, then the Crusher Ridge Trail leading left. Beyond Crusher Ridge, descend, ascend, then

descend again briefly to an intersection with a spur out to a small Skyline Drive parking lot. From here, begin your climb toward the Pinnacles Picnic Area almost a mile away. But if you have a clear day, stop for a rest about five minutes uphill from that parking spur trail at a flat rock perfect for sitting or even lying down. The view to the east from this excellent rest spot looks into the historic Nicholson Hollow, and beyond, to Virginia's Piedmont.

Nicholson Hollow, before the Park was established, was known as "Free State Hollow." Aaron Nicholson (a/k/a "The King of Free State Hollow") and his many kinfolk inhabited this area in cabins spread all over the hollow and nearby mountainsides, especially along the Hughes River which splits the terrain. A number of SNP historical accounts—including books available at Park gift shops—detail the goings-on back then, and make a fascinating glimpse back into an era that time has almost forgotten. Today, Nicholson Hollow has returned to mountainous woods only the occasional hiker, overnight backpacker, or the abundant wildlife sees. A network of trails is maintained there by volunteers, and if you look carefully you can make out vestiges from the past—a foundation here, a small cemetery back there, and the ruins of a cabin's chimney over there. One of the older structures, the very rustic Corbin Cabin, has been saved and restored. It is a national landmark along the Hughes River, but you can only get to it by foot. PATC maintains it today, and members can rent it by the night. Check our website at [www.mvshuttle.com](http://www.mvshuttle.com) for a link to PATC for more details.

*On your next adventure in SNP, Mountain & Valley Shuttle Service (1-877-789-3210) can help you enjoy the Nicholson Hollow area for dayhikes or overnight backpacking without subjecting you to prolonged, steep climbs. That may seem hard to believe from the view you've got from the AT, but it's all about knowing the best places to park, the best places to start, and the best way to drive from one to the other.*

Once you've enjoyed the view and contemplated history, continue uphill on the AT. The rocky tread will eventually give way to more level, better graded terrain. A final brief climb will deposit you at the Pinnacles Picnic Area, which the AT skirts to its west. This is a perfect place for today's lunch, even if the weather isn't so great. There are dozens of picnic tables, each with its own wood-fired grill; but for nastier weather conditions there is also a large covered pavillion with four separate fireplaces in its middle. This area also features recently remodelled seasonal rest rooms with flush toilets, and sources for water that you don't have to purify. This would be *the* place to get water for the remainder of today's hike.

The second half of today's hike begins after lunch, and continues along the western edge of the picnic area, down to a spur trail to the Jewell Hollow Overlook. Bypass that, and follow the white blazes below the overlook. Wave to any tourists who may be stopped above. They probably envy you, or maybe they're just curious. Hold your head high! You *walked* a long way to get here. They merely drove here.

Beyond the overlook area, begin a steepish climb over sometimes rocky tread to a summit called (what else?) The Pinnacle. After this climb, about a mile long, you will be happy to take a break at a small rock seat just to your left, featuring splendid views down into the rural Page Valley. From here you can see Lake Arrowhead, the growing town of Luray, and the Massanutten Mountains in the distance. By looking sharply right, you may get a glimpse of Mary's Rock, one of the best viewpoints in the whole Park (you can enjoy it in a little over two miles).

From The Pinnacle, in a mile, you will descend along mostly easy, well-graded tread to Byrds Hut, another rustic backcountry shelter for backpackers. It is a three-sided stone structure with a picnic table and fireplace. The water source is a spring almost all the way down a wide fire road north of the hut. This hut is a good place to take a break, especially in bad weather. Views are skimpy. Named after one of SNP's early benefactors, it is one of four shelters with a Byrds Nest moniker in the Park.

About three-quarters mile further north, you will reach an intersection with the Meadows Spring Trail to the right. This trail leads to Skyline Drive, and a parking area which is a gateway to the "Hazel Country" network of blue- and yellow-blazed trails. A seasonal spring and the ruins of an old cabin can be found about halfway to the Drive. Enroute to this trail intersection, you'll begin a well-graded climb shortly beyond the Byrds Nest Shelter that leads to an enticing viewpoint along the western ridge. From here to Meadows Spring Trail, the tread is mostly level, ending in a brief descent.

From the Meadow Spring Trail intersection, it's about three-quarters mile via the AT to the side trail to Mary's Rock. About half of this trail section ascends, and the balance is mostly level. Enroute there is an inviting rock viewpoint to your left with seating for perhaps three or four hikers. The view extends across the valley to New Market Gap, and north to nearby Mary's Rock. When you arrive at a place where the AT turns sharply right—*don't*—unless it's foggy. An 0.1-mi. hike uphill (left) on a blue-blazed spur, leads to Mary's Rock. There is a large observation area with about a 270-degree view. If you feel ambitious, by all means climb the adjacent rock scramble for a 360-degree view—one of the best in all of Shenandoah!



Descend from Mary's Rock via the spur, and then the AT, to Thornton Gap. This is a rocky trail in places with poor footing, so take your time. There are several places with views north and east as you wind around the mountain on switchbacks. Near the bottom, a side trail leads to the parking lots of the defunct Panorama Restaurant, where you parked your vehicle. Congratulations! You've had a successful multi-day journey through some of the best features of Shenandoah National Park!

Join us again, and enjoy the shuttle to begin another adventure in SNP *or beyond*. There are over 500 miles of trails to explore, many leading to dramatic waterfalls, mountaintops, and historical sites.

## **FACT SHEET**

# **LODGE-TO-LODGE HIKING ADVENTURE ALONG THE APPALACHIAN TRAIL . . .**

### **LODGING OPTIONS:**

Lodging must be reserved separately from shuttles. Call 1-800-778-2871 (press Option 2) for lodging information or reservations.

#### ***Lewis Mt.: Rustic Cabins***

Tent cabin, single cabin room, connecting cabin rooms—pricing depends on choice, dates, and season.

#### ***Big Meadows Lodge: Cabins and Lodge Rooms***

Lodge rooms, standard rooms, deluxe rooms, superior rooms, cabin rooms, suites—pricing depends on choice, dates, and season.

#### ***Skyland Resort: Cabins and Lodge Rooms***

Cabin rooms, standard rooms, deluxe rooms, superior rooms, suites—pricing depends on choice, dates, and season.

More information at: [www.visitshenandoah.com](http://www.visitshenandoah.com).

### **SHUTTLE COSTS:**

Call 1-877-789-3210 to make shuttle reservations.

From Thornton Gap to Lewis Mt. (or any intermediate point south of Thornton Gap to Lewis Mt.), the shuttle cost is \$85. This covers one to five people plus a reasonable amount of hiking gear and essentials.

Shuttles to locations south of Lewis Mt. would incur slightly higher costs, based upon mileage.

Mountain & Valley Shuttle Service is an approved service provider of the National Park Service, operating independently of the lodging concessioner.

Once you have made lodging reservations, call 1-877-789-3210 to make shuttle reservations. Advance arrangements are recommended. In rare instances, same-day openings may be available.

*If you enter Shenandoah National Park in your own passenger vehicle via one of the Skyline Drive entrance stations when an attendant is on duty, the per-vehicle fee will be \$15 for seven days, or \$30 for an annual permit. If you enter in a commercial vehicle (such as a shuttle van or tour bus), an \$8 per person fee will be charged. This is not included in the shuttle fee, and is paid directly to the Park's employee.*

### **FIRST-DAY HIKING OPTIONS:**

If you plan to do the Lodge-To-Lodge Adventure as described in itinerary, and are staying your first night at Lewis Mt. Cabins, you could lengthen your hike by having the shuttle driver drop you off south of Lewis Mt. Cabins early in the day. You would then walk north to your cabin that first day along the Appalachian Trail.

Some options for drop-off south of Lewis Mt. are:

- Pocosin Fire Rd. (2 mi. south of Lewis Mt.)
- South River Picnic Area (5.3 mi. south of Lewis Mt.)
- Swift Run Gap (8.3 mi. south of Lewis Mt.)

The shuttle costs for these options are slightly higher and are based on the mileage involved.

### **SIDE TRIPS:**

Between Lewis Mt. and Thornton Gap, there are several side trails and destinations that you may be interested in.

A round trip to **Lewis Falls** and back to the AT is easily accessible using a trail less than a mile south of Big Meadows Lodge.

A round trip to **Rose River Falls** and back to the AT is easily accessible using a trail east of Fishers Gap, north of Big Meadows Lodge.

A round trip to **Hawksbill Summit** and back to the AT, affords a 360-degree view from the highest point in SNP.

A round-trip to **Marys Rock** and back to the AT, offers great panoramic views, and optional bouldering for the experienced.

By obtaining the SNP Central District Trail Map #10, published by the Potomac Appalachian Trail Club, these and other side trips will suggest themselves. The map is available online at: [www.potomacappalachian.org](http://www.potomacappalachian.org), or at Park entrance stations, visitor centers, and gift shops. They may also be available throughout the region at backpacking and hiking specialty retailers.

### **STAY EXTRA NIGHTS:**

If back-to-back days of long-distance hiking aren't your cup of tea, may we suggest staying an extra night at Big Meadows Lodge and/or Skyland Resort. There are plenty of things to do at either venue.

#### ***Big Meadows Lodge:***

Explore the historic Big Meadows; visit Lewis Falls or Dark Hollow Falls; tour the newly enhanced Visitor Center; participate in a Ranger-led nature activity; take a stroll on an easy, interpretive nature trail.

#### ***Skyland Resort:***

Hike to Millers Head, Stony Man Summit, White Oak Canyon, or the Limberlost Trail; join a guided horse trail ride into the lush woods and back; participate in a Ranger-led activity.

Both feature full-service chef-inspired restaurants, and taprooms offering live nightly entertainment.

### **EXTRA TRANSPORTATION SERVICES:**

Many hikers hike Lodge-To-Lodge with a large daypack or small overnight backpack containing all they'll need in the woods, plus minimalist toiletries and extra clothing while at the Lodges.

Others want to have more available to them while at the Lodges. Mountain & Valley Shuttle Service accommodates this need by providing a luggage transfer service. Your luggage will be picked up during the day at one location, and delivered to your night's destination by dinner time or sooner. Costs are the same as for shuttles of hikers:

***Lewis Mt. to Big Meadows Lodge: \$85***

***Big Meadows Lodge to Skyland Resort: \$65***

### **OTHER ITINERARIES AVAILABLE:**

Mountain & Valley Shuttle Service can help you plan many other adventures in Shenandoah National Park and beyond. These might include dayhikes—or overnight backpacking excursions so you can camp in the woods in a tent. Call 1-877-789-3210 and speak to an experienced hike planner.

*Lodging and shuttle rates are subject to change without notice.*

# PLANNING INFORMATION

(for the ultralight adventure outlined in this literature)

**PACK SIZE:** large daypack (under 2,000 cu. in.) or minimalist overnight pack (2,000-2,500 cu. in.) for each hiker. Try to keep each pack's total weight under 18 lbs.

**WORN CLOTHING:** quick-dry (non-cotton) tops, pants, base layer, cushioning socks, sturdy boots (broken in), hat, outerwear appropriate for season and weather.

**PACK CONTENTS:** today's lunch (replenish each day; you may be able to purchase lunch-to-go in the morning before your departure from Big Meadows and Skyland), snacks, at least 2 liters water each day, basic first aid items, hand sanitizer, rain gear, extra dry clothing appropriate for season, trail map(s), this hike description or a guidebook, some way to purify water (hand-pump or gravity filter, chemical treatment), headlamp with extra batteries and bulbs, sample-size toiletries, trail map, waterproof matches, toilet paper, some cash, credit card, pocket knife, insect repellent, sunscreen, bandanna, small trash bag.

**OPTIONAL:** additional clothing for two overnight stays at Park lodges, trekking poles or hiking sticks, radio, camera, gaiters, extra socks, medications, contact lenses/glasses, duct tape, and minimalist gear for hunkering under during heavy downpours, an unplanned overnight in the woods, etc.

**MISCELLANY:** this hike, as described, is only possible during months when Big Meadows Lodge, Lewis Mt. Cabins and Skyland Resort lodging and restaurants are open.

**TRAIL MAP:** We recommend Map #10, for Shenandoah National Park's Central District, published by the Potomac Appalachian Trail Club. Seriously, don't leave home without it. There is also an excellent guidebook sold separately, (Appalachian Trail Guide with Side Trails, Shenandoah National Park), which provides detailed descriptions of each AT segment plus side trail adventures. Both sold online or at most Park facilities.

1<sup>st</sup>

MAKE  
LODGING  
RESERVATIONS



*Parks & Destinations*

1-800-778-2871 (Option 2)

[www.visitshenandoah.com/mvs/](http://www.visitshenandoah.com/mvs/)

• **Specials & packages** • **Lodging & dining**

*Certain packages may include some meals*

**BOOK ONLINE & SAVE!**

2<sup>nd</sup>

MAKE  
SHUTTLE  
RESERVATIONS

Mountain & Valley  
Shuttle Service

1-877-789-3210

[service@mvshuttle.com](mailto:service@mvshuttle.com)

[www.mvshuttle.com](http://www.mvshuttle.com)

**Advance reservations highly suggested**  
*(On slow days, same-day reservations may be available)*

The information and advice provided in this literature for this and all hikes are provided free of charge and not guaranteed to be 100% accurate. Hiking and backpacking can be a strenuous activity subject to injury and weather-related events. It is your responsibility to assure the physical fitness of all participants, and to be prepared for accidents and bad weather.